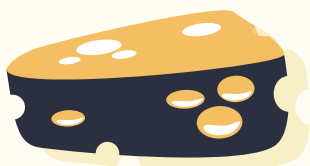


# LACTOSE INTOLERANCE: A GUIDE FOR PARENTS

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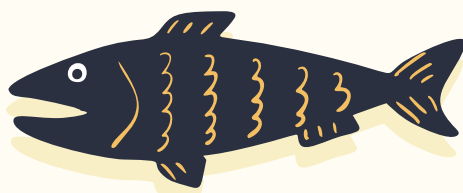
## KNOW THE DIFFERENCE



### LACTOSE INTOLERANCE

**Happens when** your child's body is unable to break down a sugar called lactose.

**SYMPTOMS:** Bloating, diarrhoea, gas, nausea, abdominal pain, cramps (primarily gastrointestinal symptoms).



### FOOD ALLERGIES

**Happens when** your child's immune system reacts to certain foods.

**SYMPTOMS:** Rashes, hives, swollen eyes, breathing problems, stomach discomfort, vomiting, dizziness, diarrhoea.



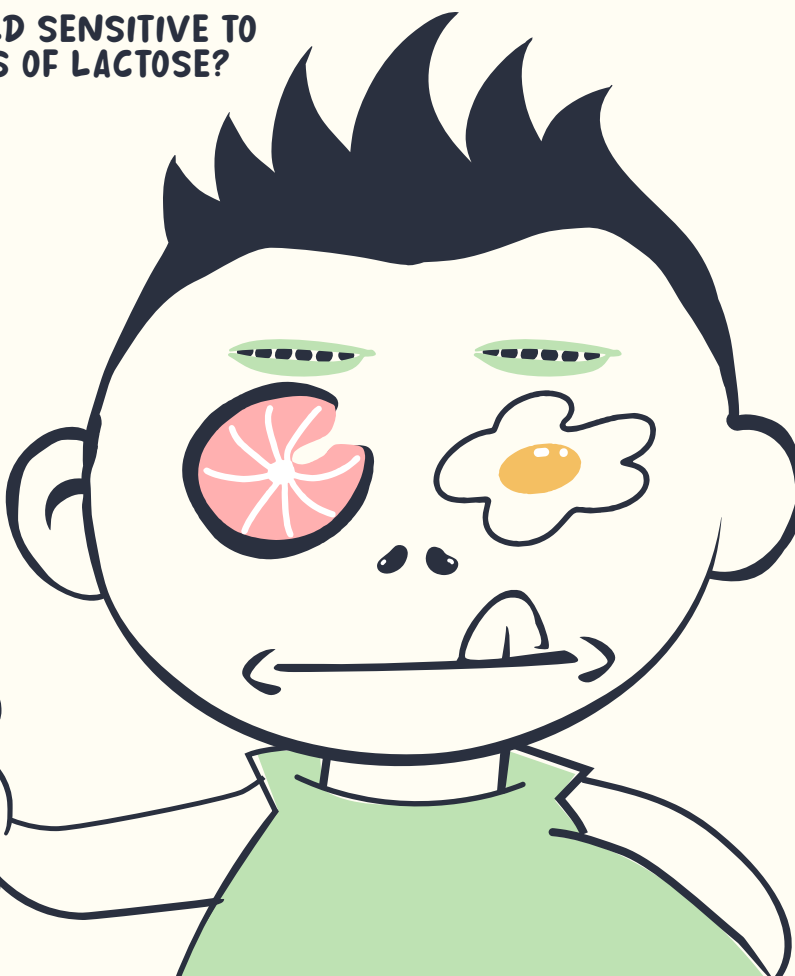
### IRRITABLE BOWEL SYNDROME

**Happens when** your child experiences abdominal discomfort caused by various factors like stress or certain foods.

**SYMPTOMS:** Diarrhoea and/or constipation, abdominal cramps, bloating.

## IS YOUR CHILD SENSITIVE TO THESE FORMS OF LACTOSE?

-  Animal milk
-  Cheese
-  Butter
-  Yoghurt
-  Cream
-  Ice-cream






## BOOST YOUR CHILD'S NUTRITION

### Alternatives for lactose intolerance

#### FOR CALCIUM

-  Leafy greens (i.e. kale, broccoli, spinach, bok choy)
-  Tofu
-  Chia seeds
-  Milk alternatives fortified with calcium (i.e. almond, soy, rice milk)
-  Canned fish with bones (i.e. salmon, sardines)

#### FOR VITAMIN D

-  Fatty fish (salmon, tuna)
-  Egg yolk
-  Fortified cereals

